

Wisconsin Girls High School D3 Track and Field Honor Roll

Summer, 2010: [Compiled 6/20/10 at 4:01 PM]

12.30 C Simon/L Gassner		Whitehall/Marathon	09/86	100m Dash
12.47 Emily Dittman å	11	Edgar	6/5	WIAA D3 State Meet Finals
12.55 Audra Winter å [Sch Recd]	10	Manti Lutheran [Record]	5/17	Olympian Conf @ Valders
12.62 Jena Heidmann å	10	Edgar	6/4	WIAA D3 State Meet Prelims
12.64 Gretchen Homan	12	Burlington Catholic Central	5/1	Palmyra=Eagle Invite
12.64 Bria Halama	11	Independence -Gilmanton	4/29	Independence-Gilm Vs Whitehall
12.66 Jodi Sila å	10	Cameron	5/18	Lakeland East Conf
12.74 Lydia Sondalle	12	Princeton-Green Lake	5/18	Trailways Conf @ Deerfield
12.76 Teresa Rock å	10	Newman Catholic	6/5	WIAA D3 State Meet Finals
12.87 Laney Kemink å	10	Central Wis Christian	6/5	WIAA D3 State Meet Finals
12.90 Emily Kaiser å	12	Cuba City	6/4	WIAA D3 State Meet Prelims
12.94 Rachel Rygh	11	Blackhawk	5/24	D3 Regional @ Darlington
12.94 Kayla Zimmer	12	Flambeau	5/18	Lakeland East Conf
12.97 Mariah Heiman å	10	Marshfield Columbus	5/24	D3 Regional @ Stratford
12.98 Samantha Gronski	10	Cameron	5/18	Lakeland East Conf
13.00 Emilie Hoepfner å	12	Onalaska Luther	6/5	WIAA D3 State Meet Finals
13.02 Hannah Downes å	12	Flambeau	5/18	Lakeland East Conf
13.03 Sabrina Morgan å	11	Port Edwards	5/27	D3 Sectional @ Marathon
13.04 Sage Karl å	11	Frederic [Prelims]	5/18	West Lakeland Conf @ Unity
13.07 Lexie Schaffer å	12	Hilbert	5/17	Olympian Conf @ Valders
13.11 Brianna Wirkus å	9	Marathon	5/24	D3 Regional @ Stratford
25.14 Kristen Barr		Wausau Newman	2004	200 Meter Dash
25.52 Gretchen Homan å	12	Burlington Catholic Central	6/5	WIAA D3 State Meet Finals
25.53 Meg Heafy å	10	Reedsville	6/5	WIAA D3 State Meet Finals
25.81 Bria Halama å [Prelims]	11	Independence-Gilmanton	5/27	D3 Sectional @ Bangor
26.14 Sage Karl	11	Frederic	5/24	D3 Regional @ Frederic
26.47 Jena Heidmann å	11	Edgar	4/26	Athens Co-Ed Invitational
26.54 Kira Dittman å	9	Edgar	6/4	WIAA D3 State Meet Prelims
26.55 Lexie Schaffer å	12	Hilbert	6/4	WIAA D3 State Meet Prelims
26.68 Hannah Pospyhalla å	12	Edgar	6/4	WIAA D3 State Meet Prelims
26.81 Rachel Rygh å	11	Blackhawk	6/4	WIAA D3 State Meet Prelims
26.84 Lydia Sondalle	12	Princeton	5/18	Trailways Conf @ Deerfield
26.88 Kasia Wojciehoski å	9	Pacelli	6/4	WIAA D3 State Meet Prelims
26.88 Laney Kimnk å	10	Central Wis Christian	5/27	D3 Sectional @ Princeton
26.95 Emily Dittman å	11	Edgar	5/17	Marawood South @ Stratford
26.96 Angel Hon å	10	Sevastopol	5/27	D3 Sectional @ Princeton
27.00 Ashley Aune å	10	Gibraltar	5/17	Packerland Conf @ Algoma
27.05 Jenna Reitz å	11	Elmwood-Plum City	6/5	WIAA D3 State Meet Finals
27.06 Sarah Connoly å	10	Newman Catholic	5/6	Stratford Invitational
27.08 Abby Brown å	9	Newman Catholic	5/27	D3 Sectional @ Marathon
27.10 Molly Grisen å	10	Alma	6/4	WIAA D3 State Meet Prelims
27.23 Makayla Hecker å	10	Wild Rose	5/15	CWC 10 Conf @ Marion HS

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56.15	Jamie Vandenberg	Niagara	2008	400 Meter Run	
0:56.56	Bria Halama å	11	Independence-Gilmanton	6/5	WIAA D3 State Meet Finals
0:56.58	Gretchen Homan å	12	Burlington Catholic	6/5	WIAA D3 State Meet Finals
0:57.38	Elizabeth Pospyhalla å	9	Edgar	6/4	WIAA D3 State Meet Prelims
0:59.37	Hannah Pospyhalla å	12	Edgar	6/5	WIAA D3 State Meet Finals
0:59.45	Brooke Seubert å	9	Marathon	6/5	WIAA D3 State Meet Finals
0:59.91	Amanda Rothbauer å	12	Colfax	6/5	WIAA D3 State Meet Finals
0:59.93	Chelsea Henry å	11	Fennimore	6/5	WIAA D3 State Meet Finals
1:00.13	Hannah Pospyhalla å	12	Edgar [Record]	5/17	Marawood South @ Stratford
1:00.14	Jen Cassel å	10	Shell Lake	6/5	WIAA D3 State Meet Finals
1:00.54	Sarah Connoly å	10	Newman Catholic	5/6	Stratford Invitational
1:00.62	Stephanie Jahn å	12	Deerfield [School Record]	5/16	Monona Grove Invite
1:00.64	Ashley Aune å	10	Gibraltar	5/17	Packerland Conf @ Algoma
1:01.15	Natalie Buyarski å	11	Oshkosh Lourdes	5/27	D3 Sectional @ Princeton
1:01.28	Lexie Schaffer å	12	Hilbert	5/17	Olympian Conf @ Valders
1:01.34	Mariah Kammerude å	11	Southwestern	6/5	WIAA D3 State Meet Finals
1:01.60	Ali Johnson å	12	Loyal	5/27	D3 Sectional @ Marathon
1:01.64	Kira Dittman å	9	Edgar	4/29	Five Team Meet @ Edgar
1:01.89	Lauren Çelano å	12	Burlington Catholic Central	5/27	D3 Sectional @ Princeton
1:02.01	Amanda Rothbauer å	12	Colfax	5/24	D3 Regional @ Colfax
1:02.07	Ryell Kelly å	12	Wonec-Center	5/18	Scenic Bluffs @ Cashton
2:13.29	Jamie Vandenberg	Niagara	2008	800 Meter Run	
2:17.85	Elizabeth Pospyhalla å	9	Edgar	6/5	WIAA D3 State Meet Finals
2:19.98	Ashley Aune å	10	Gibraltar	6/5	WIAA D3 State Meet Finals
2:20.25	Katja Rowell å	11	Brookwood	5/27	D3 Sectional @ Bangor
2:20.43	Ana Breit å	11	Pacelli	6/5	WIAA D3 State Meet Finals
2:20.77	Sarah McMahon å	11	Colfax	6/5	WIAA D3 State Meet Finals
2:22.01	Mackenzie Koss å	11	Bangor	5/27	D3 Sectional @ Bangor
2:22.18	Wailea Zuelch å	12	North Crawford	5/14	Reynolds Inv. @ Boscobel
2:22.98	Clarissa Jauregui å	9	Gibraltar	6/5	WIAA D3 State Meet Finals
2:23.10	Annette Lemanski å	11	Florence	5/27	D3 Sectional @ Marathon
2:23.33	Sydney Pavlet å	9	Wild Rose	6/5	WIAA D3 State Meet Finals
2:23.69	Jerica Nelson å	12	Fennimore	6/5	WIAA D3 State Meet Finals
2:24.32	Liz Braml å	10	Turtle Lake-Clayton	6/5	WIAA D3 State Meet Finals
2:24.46	Maya Groos å	12	Pacelli	5/15	CWC - 8 Chanp's @ Pacelli
2:25.04	Samantha Nelson	11	Frederic	5/27	D2 Sectional @ Colfax
2:25.16	Katja Rowell å	11	Brookwood	6/5	WIAA D3 State Meet Finals
2:25.29	Natalie Buyarski å	11	Oskosh Lourdes	5/27	D3 Sectional @ Princeton
2:25.43	Carli Kronstedt å	12	Pittsville	5/27	D3 Sectional @ Marathon
2:25.74	Amanda Karnopp å	12	Sevastopol	6/5	WIAA D3 State Meet Finals
2:27.84	Cassie Forman	11	Waterloo	5/6	Pirate Invitational @ Waterloo
2:28.04	Molly Seidel	10	University Lake School	4/3	Watertown Invitational

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5:01.31 Heather Murphy		North Crawford	1991	1600 Meter Run	
4:51.06	Molly Seidel å	10	University Lake School	6/12	Distance Gala - Benedictine Univ
5:10.47	Sarah McMahon å	11	Colfax	6/5	WIAA D3 State Meet Finals
5:13.68	Annette Lemanski å	11	Florence	6/5	WIAA D3 State Meet Finals
5:15.97	Wailea Zuelch å	12	North Crawford	6/5	WIAA D3 State Meet Finals
5:21.13	Carli Kronstedt å	12	Pittsville	6/5	WIAA D3 State Meet Finals
5:21.95	Kendra Sigg å	10	Pecatonica-Argyle	6/5	WIAA D3 State Meet Finals
5:22.89	Katja Rowell å	11	Brookwood	5/27	D3 Sectional @ Bangor
5:23.22	Kayla Sheckles å	11	Fennimore	5/27	D3 Sectional @ Bangor
5:23.26	Jessica DeJong å	12	Lincoln	5/27	D3 Sectional @ Bangor
5:23.40	Claire McDonald å	10	Oshkosh Lourdes	6/5	WIAA D3 State Meet Finals
5:24.85	Danica Harrison å	10	Auburndale	5/27	D3 Sectional @ Marathon
5:25.21	Breanna Colbertson å	9	Spring Valley	5/27	D2 Sectional @ Colfax
5:25.79	Sydney Pavlat å	9	Wild Rose	5/27	D3 Sectional @ Marathon
5:26.41	Kathryn Pamperin å	9	Three Lakes	5/27	D3 Sectional @ Marathon
5:26.66	Jerica Nelson å	12	Fennimore	5/14	Reynolds Inv. @ Boscobel
5:26.77	Ana Breit å	11	Pacelli	5/15	CWC - 8 Chanp's @ Pacelli
5:27.52	Anne Ritter å	10	Pardeeville	6/5	WIAA D3 State Meet Finals
5:27.73	Danielle Kunkel	12	Southwestern	5/14	Reynolds Inv. @ Boscobel
5:28.10	Liz Braml å	10	Turtle Lake	5/27	D2 Sectional @ Colfax
5:28.93	Elizabeth Pospyhalla å	9	Edgar	4/23	Rosholt Invitational
10:39.88 Molly Seidel		University Lake School	2010	3200 Meter Run	
10:39.88	Molly Seidel å	10	University Lake School	6/4	WIAA D3 State Meet
11:12.60	Sarah McMahon å	11	Colfax	6/4	WIAA D3 State Meet
11:25.45	Wailea Zuelch å	11	North Crawford	6/4	WIAA D3 State Meet
11:29.97	Sara Hasenjager å	12	Sevastopol	6/4	WIAA D3 State Meet
11:35.06	Breanna Colbenson å	9	Spring Valley	6/4	WIAA D3 State Meet
11:35.61	Clare McDonald å	10	Oshkosh Lourdes	6/4	WIAA D3 State Meet
11:44.16	Danica Harrison å	10	Auburndale	6/4	WIAA D3 State Meet
11:44.57	Samantha Nelson å	11	Frederic	6/4	WIAA D3 State Meet
11:48.06	Kathryn Pamperin å	9	Three Lakes	6/4	WIAA D3 State Meet
11:51.81	Emily Erickson å	12	Amherst	6/4	WIAA D3 State Meet
11:54.27	Danielle Kunkel å	12	Southwestern	5/14	Reynolds Inv. @ Boscobel
11:54.34	Samantha Nelson å	11	Frederic	5/4	Amery Invite
11:57.87	Anne Ritter å	10	Pardeeville	5/27	D3 Sectional @ Princeton
12:02.24	Kelsey Bernet	12	Monticello	4/9	Darlington Invite
12:07.14	Kayla Sheckles å	11	Fennimore	5/27	D3 Sectional @ Bangor
12:12.58	Maragret Hintz å	12	Rosholt	5/27	D3 Sectional @ Marathon
12:14.97	Sarah Gronemus å	10	Cashton	5/27	D3 Sectional @ Bangor
12:16.99	Meghan Falconer å	11	Sheboygan Area Luth.	5/27	D3 Sectional @ Princeton
12:20.93	Stephanie Oleson å	9	New Lisbon	5/27	D3 Sectional @ Bangor
12:24.22	Elizabeth Pospyhalla å	9	Edgar	5/17	Marawood South @ Stratford

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14.63 Megan Rennhack		Dodgeland	2008	100m HH
15.37	Caitlin Thomson å	11	Whitehall [Record]	4/26 Trempealeau Cnty @ Whitehall
15.60	Teresa Rock å	11	Newman Catholic	6/5 WIAA D3 State Meet Finals
15.64	Cheyenne Gray å	12	Independence-Gil	6/5 WIAA D3 State Meet Finals
16.03	Tessa Thurs å	10	Edgar	6/5 WIAA D3 State Meet Finals
16.12	Margo Rosandick å	12	Pittsville	5/27 D3 Sectional @ Marathon
16.16	Taylor Sherry	10	Kickapoo-LaFarge	6/5 WIAA D3 State Meet Finals
16.43	Ari Oium å	11	Cashton	5/27 D3 Sectional @ Bangor
16.62	Sydney Stephens å	11	Cadott	6/4 WIAA D3 State Meet Prelims
16.62	Mackenzie Miller	12	Glenwood City	6/4 WIAA D3 State Meet Prelims
16.63	Amanda Yenter å	12	Rosholt	5/27 D3 Sectional @ Marathon
16.71	Ariana Shank å	10	Sheboygan Area Luth.	5/27 D3 Sectional @ Princeton
16.75	Jael Cornell å	10	Algoma	5/27 D3 Sectional @ Princeton
16.75	Amber Dahl å	10	Cashton	5/27 D3 Sectional @ Bangor
16.78	Megan Shea å	11	St Marys Springs	5/27 D3 Sectional @ Princeton
16.82	Alissa Kluever å	12	Hilbert	6/4 WIAA D3 State Meet Prelims
16.83	Shannon Schaal å	11	Gillett [Prelims]	5/27 D3 Sectional @ Marathon
16.83	Alyssa Arenz å	11	Cashton	5/24 D3 Regional @ Bangor
16.85	Holly Denfield å	9	Edgar	4/26 Athens Co-Ed Invitaitonal
17.02	Kaycee Lund å	10	Florence	5/27 D3 Sectional @ Marathon
17.04	Kathryn DeJung	9	Gillett [Prelims]	5/27 D3 Sectional @ Marathon
43.75 Megan Rennhack		Dodgeland	2008	300 Meter LH
45.16	Teresa Rock å	11	Newman Catholic	6/5 WIAA D3 State Meet Finals
45.46	Tessa Thurs å	10	Edgar	6/5 WIAA D3 State Meet Finals
46.75	Caitlin Thomson å	11	Whitehall	6/5 WIAA D3 State Meet Finals
46.78	Katie Langmeier å	12	Cuba City	6/5 WIAA D3 State Meet Finals
47.03	Margo Rosandick å	12	Pittsville	5/27 D3 Sectional @ Marathon
47.35	Alissa Kluever å	12	Hilbert	6/5 WIAA D3 State Meet Finals
47.98	Rychia Bosman å	11	Gibraltar	5/27 D3 Sectional @ Princeton
48.08	Crystal Oravis å	11	Drummond	5/27 D2 Sectional @ Colfax
48.17	Cassie Scott å	12	Shiocton	5/27 D3 Sectional @ Marathon
48.20	Michelle Sickinger å	11	Manitowoc Lutheran	5/17 Olympian Conf @ Valders
48.36	Teenie Lichtfuss å	10	Oshkosh Lourdes	6/5 WIAA D3 State Meet Finals
48.40	Shannon Schaal å	11	Gillett	5/27 D3 Sectional @ Marathon
48.53	Samantha Knudson å	10	Melrose-Mindoro	5/27 D3 Sectional @ Bangor
48.95	Miranda Retz å	10	Boyceville	5/27 D2 Sectional @ Colfax
48.97	Steph Walek å	12	Independence-Gilmanton	5/27 D3 Sectional @ Bangor
49.21	Lisa Kreidler å	12	Darlington	5/27 D3 Sectional @ Bangor
49.32	Katelyn Nicolet å	10	Eleva Strum	5/27 D2 Sectional @ Colfax
49.38	Jess Bearrows å	12	Lake Holcombe	5/27 D2 Sectional @ Colfax
49.53	Holly Denfield å	9	Edgar	4/29 Five Team Meet @ Edgar
49.54	Amanda Yenter å	12	Rosholt	5/15 CWC 10 Conf @ Marion HS

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49.36 Edgar	2010 400 Meter Relay
49.36 Edgar å	6/4 WIAA D3 State Meet Prelims
50.36 Reedsville å	6/5 WIAA D3 State Meet Finals
50.60 Newman Catholic å	6/5 WIAA D3 State Meet Finals
51.03 Cuba City å	6/5 WIAA D3 State Meet Finals
51.03 Frederic å	6/5 WIAA D3 State Meet Finals
51.22 Manitowoc Lutheran å	6/4 WIAA D3 State Meet Prelims
51.48 Wild Rose å	6/5 WIAA D3 State Meet Finals
51.51 Pacelli å	6/4 WIAA D3 State Meet Prelims
51.80 Marathon å	5/27 D3 Sectional @ Marathon
51.91 Darlington å	6/5 WIAA D3 State Meet Finals
52.14 Gibraltar å	6/4 WIAA D3 State Meet Prelims
52.35 Marshfield Columbus å	5/27 D3 Sectional @ Marathon
52.43 Cashton å	6/4 WIAA D3 State Meet Prelims
52.43 Marion å	5/27 D3 Sectional @ Marathon
52.48 Flambeau å	6/4 WIAA D3 State Meet Prelims
52.51 St Marys Springs å	5/27 D3 Sectional @ Princeton
52.62 Cameron å	6/4 WIAA D3 State Meet Prelims
52.82 Princeton-Green Lake å	5/27 D3 Sectional @ Princeton
52.85 Colfax å	5/27 D2 Sectional @ Colfax
52.86 Onalaska Luther å	6/4 WIAA D3 State Meet Prelims
1:44.37 Poynette/Edgar	85/10 800 Meter Relay
1:44.37 Edgar å	6/5 WIAA D3 State Meet Finals
1:45.91 Reedsville å	6/5 WIAA D3 State Meet Finals
1:46.64 Manitowoc Lutheran å	6/5 WIAA D3 State Meet Finals
1:47.01 Newman Catholic å	5/27 D3 Sectional @ Marathon
1:48.42 Cuba City å	5/27 D3 Sectional @ Bangor
1:49.10 Whitehall å	6/5 WIAA D3 State Meet Finals
1:50.82 Cameron å	6/5 WIAA D3 State Meet Finals
1:50.83 Darlington å	6/5 WIAA D3 State Meet Finals
1:50.95 Pardeeville å	5/27 D3 Sectional @ Princeton
1:51.11 Marion å	5/27 D3 Sectional @ Marathon
1:51.24 Deerfield å	5/27 D3 Sectional @ Princeton
1:51.41 Stratford å	6/5 WIAA D3 State Meet Finals
1:51.84 Wild Rose å	5/27 D3 Sectional @ Marathon
1:52.44 Colfax å	5/27 D2 Sectional @ Colfax
1:52.72 Blair-Taylor å	5/27 D3 Sectional @ Bangor
1:52.92 Webster å	6/4 WIAA D3 State Meet Prelims
1:52.97 Marshfield Columbus å	5/6 Stratford Invitational
1:53.53 Pacelli å	5/27 D3 Sectional @ Marathon
1:53.62 Fennimore å	5/27 D3 Sectional @ Bangor
1:53.81 Central Wis. Christian å	5/24 D3 Regional @ Pardeeville

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3:58.43 Edgar	2010 1600 Meter Relay
3:58.43 Edgar å	6/4 WIAA D3 State Meet Prelims
4:02.95 Newman Catholic å	6/5 WIAA D3 State Meet Finals
4:05.61 Gibraltar å	6/5 WIAA D3 State Meet Finals
4:07.57 Independence - Gilmanton å	6/4 WIAA D3 State Meet Prelims
4:09.50 Colfax å	6/5 WIAA D3 State Meet Finals
4:10.57 Clear Lake å	6/5 WIAA D3 State Meet Finals
4:12.10 Darlington å	5/27 D3 Sectional @ Bangor
4:12.13 Pacelli å	6/4 WIAA D3 State Meet Prelims
4:12.29 Flambeau å	6/4 WIAA D3 State Meet Prelims
4:12.52 Elmwood-Plum City å	6/4 WIAA D3 State Meet Prelims
4:13.01 Wild Rose å	6/4 WIAA D3 State Meet Prelims
4:14.20 Blackhawk å	5/27 D3 Sectional @ Bangor
4:15.36 Deerfield å	6/4 WIAA D3 State Meet Prelims
4:15.54 Marathon å	5/27 D3 Sectional @ Marathon
4:15.88 Gillett å	5/27 D3 Sectional @ Marathon
4:17.44 Oshkosh Lourdes å	5/27 D3 Sectional @ Princeton
4:17.70 Hilbert å	5/27 D3 Sectional @ Princeton
4:18.11 St Marys Springs å	5/27 D3 Sectional @ Princeton
4:18.33 Athens å	5/27 D3 Sectional @ Marathon
4:19.11 Hillsboro å	6/4 WIAA D3 State Meet Prelims
9:39.67 Frederic	2009 3200 Meter Relay
09:45.21 Fennimore å	6/4 WIAA D3 State Meet
09:46.57 Oshkosh Lourdes å	6/4 WIAA D3 State Meet
09:51.01 Gibraltar å	6/4 WIAA D3 State Meet
09:55.96 Colfax å	6/4 WIAA D3 State Meet
09:57.65 Pittsville å	6/4 WIAA D3 State Meet
09:58.38 Pardeeville å	6/4 WIAA D3 State Meet
10:02.00 St Marys Springs å	5/27 D3 Sectional @ Princeton
10:02.58 Pacelli å	5/18 Rosholt Relays
10:03.42 Sevastopol å	5/27 D3 Sectional @ Princeton
10:07.36 Waterloo å	5/27 D3 Sectional @ Princeton
10:11.00 Flambeau å	6/4 WIAA D3 State Meet
10:12.90 Clear Lake å	6/4 WIAA D3 State Meet
10:13.73 Darlington å	6/4 WIAA D3 State Meet
10:14.61 Marathon å	5/27 D3 Sectional @ Marathon
10:15.94 Albany å	5/27 D3 Sectional @ Bangor
10:20.34 Frederic å	5/27 D2 Sectional @ Colfax
10:20.68 Fall Creek å	5/27 D2 Sectional @ Colfax
10:22.42 Newman Catholic å	5/27 D3 Sectional @ Marathon
10:22.79 Columbus Catholic å	5/27 D3 Sectional @ Marathon
10:23.35 Edgar å	4/23 Rosholt Invitational

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46' 07.25	Janae Gjerno		Deerfield	2002	Shot Put
41' 00.75	Kailee Kamps	10	Belmont	5/4	Cassville Meet
40' 05.00	Becky Huberty	12	Lena	6/4	WIAA D3 State Meet
39' 00.00	Melanie Brickner	11	Marathon	4/15	Marathon HS Invitational
38' 04.00	Haley Zakrzewski	11	Rosholt	3/19	Point Invitational @ UW-SP
38' 01.00	Kira Cook	12	Suring	5/3	Suring Triangular
38' 00.00	Krystal Hubbard	12	Fennimore	6/4	WIAA D3 State Meet
37' 04.50	Olivia Bundy	12	Whitehall	4/26	Trempealeau Cnty @ Whitehall
37' 04.50	Danielle McCord	11	Athens	4/19	Athens Meet
37' 03.75	Katrina Ellis	12	River Ridge	4/9	Darlington Invite
37' 03.00	Bailey Sauerwein	12	Whitehall	3/30	Dairyland Indr @ St Marys [MN]
37' 02.50	Katy Rutz	10	Amherst	5/27	D3 Sectional @ Marathon
36' 09.50	Jamie Barker	12	Algoma	6/4	WIAA D3 State Meet
36' 08.00	Lainey Hafeman	12	Algoma	6/4	WIAA D3 State Meet
36' 06.50	Karissa LeCaptain	10	Algoma	5/27	D3 Sectional @ Princeton
35' 04.50	Morgan Weir	12	Princeton-Green Lake	6/4	WIAA D3 State Meet
35' 04.25	Rachel Stone	10	Eau Claire Regis	5/27	D2 Sectional @ Colfax
35' 04.25	Maryann Hundt	11	Bangor	5/24	D3 Regional @ Bangor
35' 04.25	Mary Johnson	11	Webster	5/18	West Lakeland Conf @ Unity
35' 02.25	Kirsten Henry	9	Fennimore	5/27	D3 Sectional @ Bangor
35' 01.75	Marcie Hebert	11	Spencer	5/6	Stratford Invitational
148' 09	Kami Sweet		Riverdale	2003	Discus
135' 08	Kailee Kamps	10	Belmont	5/17	Six Rivers Meet @ UW-Plat
127' 00	Katy Rutz	12	Amherst	6/5	WIAA D3 State Meet Finals
124' 07	Marcie Hebert	11	Spencer	5/24	D3 Regional @ Stratford
121' 09	Krystal Hubbard	12	Fennimore	4/29	Cuba City Invitational
120' 09	Theresa Nowak	11	Coleman	4/29	Oconto Falls Invite
120' 06	Jamie Barker	12	Algoma	5/24	D3 Regional @ Algoma
120' 02	Leah Nass	10	Manitowoc Lutheran	4/13	Reedsv/Mischicot @ Manti Luth
120' 01	Ashley Guevara	11	Siren	6/5	WIAA D3 State Meet Finals
117' 03	Amanda Smith	11	Cornell	5/24	D3 Regional @ Gilman
116' 03	Kayla Chatterton	11	St Marys Springs	6/5	WIAA D3 State Meet Finals
115' 07	Amanda Smith	12	Cornell	5/27	D2 Sectional @ Colfax
113' 00	Holly Schmitt	12	Thorp	5/18	Western Cloverbelt @ Golman
112' 04	Michelle Pehler	11	Cochrane-Fountain City	4/22	Dairyland Quad @ Eleva-Strum
111' 10	Valerie Kasper	12	Hilbert	4/29	Oconto Falls Invite
111' 04	Lauren Kasten	11	Gillett	5/20	M & O Conf Trials @ Peshtigo
110' 10	Haylie Demoe	10	Colfax	5/27	D2 Sectional @ Colfax
110' 00	Kelly Wirkus	12	Edgar	5/17	Marawood South @ Stratford
109' 09	Monique Shaw	12	Deerfield	5/3	Deerfield @ Pardeeville
109' 09	Alaena Wocking	12	Gillett	4/20	Gillett Quadrangular
109' 00	Bailey Sauerwein	12	Whitehall	6/5	WIAA D3 State Meet Finals

Wisconsin Girls High School D3 Track and Field Honor Roll

Summer, 2010: [Compiled 6/20/10 at 4:01 PM]

18' 06.50	Aileen Lemanski	Florence	2009	Long Jump	
17' 04.25	Audra Winter	10	Manitowoc Lutheran	6/19	USA TF Wis Outdoor @ Carroll
17' 02.75	Kristiin LeClair	12	Manitowoc Luth [Record]	5/17	Olympian Conf @ Valders
17' 01.50	Karissa Andreshak	10	Edgar	4/23	Rosholt Invitational
17' 00.75	Hannah Norwick	12	Pepin	5/18	Dunn-St Croix Conf Meet
17' 00.50	Kelly Flynn	11	Manitowoc Lutheran	5/11	Kettle Moraine Lutheran Invite
16' 11.00	Jena Heidmannn	10	Edgar	5/24	D3 Regional @ Stratford
16' 09.25	Emily Kaiser	12	Cuba City	6/4	WIAA D3 State Meet
16' 09.00	Jade Johnson	11	Frederic	5/24	D3 Regional @ Frederic
16' 06.50	Tessa Thurs	10	Edgar	4/26	Athens Co-Ed Invitaitonal
16' 05.50	Caitlin Thomson	11	Whitehall	4/13	Bangor Invite
16' 05.00	Rychia Bosman	11	Gilbraltar	6/4	WIAA D3 State Meet
16' 05.00	Andrea Schuster	12	Newman Catholic	5/24	D3 Regional @ Rosholt
16' 04.25	Rachel Melum	12	Iola Scandanavia	6/4	WIAA D3 State Meet
16' 04.00	Tricia Hanson	11	Turtle Lake -Clayton	6/4	WIAA D3 State Meet
16' 04.00	Jenna Ladsten	9	Blair-Taylor	5/24	D3 Regional @ Whitehall
16' 01.75	Sydney Stephens	11	Cadott	6/4	WIAA D3 State Meet
16' 01.50	Lindsey Kirchman	10	Algoma	6/4	WIAA D3 State Meet
16' 01.25	Daphne Hubbell	11	Siren	5/18	West Lakeland Conf @ Unity
16' 00.00	Laney Kemink	10	Central Wis Christian	5/27	D3 Sectional @ Princeton
16' 00.00	Jenna Breaker	11	Tigerton	5/24	D3 Regional @ Rosholt
37' 03.00	Deb Hafenstein	Waterloo	1985	Triple Jump	
38' 05.00	Bria Halama	11	Independence-Gil	4/29	Independence-Gilm Vs Whitehall
36' 05.75	Tara Matter	9	Spencer	6/5	WIAA D3 State Meet Finals
36' 02.50	Caitlin Thomson	11	Whitehall	4/13	Bangor Invite
35' 11.00	Sabrina Morgan	11	Port Edwards	6/5	WIAA D3 State Meet Finals
34' 11.50	Leah Nass	10	Manitowoc Lutheran	5/27	D3 Sectional @ Princeton
34' 08.50	Holly Denfield	9	Edgar	5/3	Edgar Triangular
34' 08.00	Heidi Studinski	11	Pacelli	6/5	WIAA D3 State Meet Finals
34' 08.00	Tessa Thurs	9	Edgar	5/13	Edgar Triangular
34' 06.25	Katie Place	12	Blackhawk	5/24	D3 Regional @ Darlington
34' 06.25	Margo Rosandick	12	Pittsville	4/19	Athens Meet
34' 04.50	Emily Schuster	12	Newman Catholic	5/24	D3 Regional @ Rosholt
34' 01.75	Jenna Breaker	11	Tigerton	6/5	WIAA D3 State Meet Finals
34' 01.25	Alyssa Arentz	11	Cashton	5/24	D3 Regional @ Bangor
34' 01.00	Emily Jaeger	11	Suring	5/14	M & O Conf @ Coleman
34' 00.00	Aleyna Goerlitz	9	Owen-Withee	6/5	WIAA D3 State Meet Finals
34' 00.00	Danielle Muntner	10	Wild Rose	5/24	D3 Regional @ Tri County
33' 10.00	Tricia Hanson	11	Turtle Lake-Clayton	4/15	Doug Speilman Mem @ Tony
33' 06.50	Jena Heidmannn	10	Edgar	4/29	Five Team Meet @ Edgar
33' 06.25	Marianna Esveld	9	Fall River	6/5	WIAA D3 State Meet Finals
33' 05.00	Katie Brownson	12	Florence	2/7	USA TF @ Carthage

Wisconsin Girls High School D3 Track and Field Honor Roll

Summer, 2010: [Compiled 6/20/10 at 4:01 PM]

5' 09.00 Melum/Juedes/Townsend		Iola-S/Clear L/Eik M		2009	High Jump
5' 09.00	Katie Langmeier	12	Cuba City	4/29	Cuba City Invitational
5' 08.00	Rachel Melum	12	Iola-Scandinavia	5/24	D3 Regional @ Rosholt
5' 05.00	Audra Winter	10	Manitowoc Lutheran	6/4	WIAA D3 State Meet
5' 05.00	Jenna Breaker	11	Tigerton	4/19	CWC Pre-Conf @ Marion HS
5' 04.00	Anne Rauschert	11	Wayland Acad	5/27	D3 Sectional @ Princeton
5' 04.00	Hailey Brown	11	Royall [Record]	5/18	Scenic Bluffs @ Cashton
5' 03.00	Olivia Westlund	12	Turtle Lake-Clayton	6/4	WIAA D3 State Meet
5' 03.00	Brittany Bradley	11	River Ridge	5/3	Timberwolves Inv @ River Ridge
5' 02.00	Alexa Patza	11	Shiocton	4/29	Tri-County @ Plainfield
5' 02.00	Alyssa Iserman	10	Southwestern	4/29	Cuba City Invitational
5' 02.00	Mallory Zart	12	Fennimore	4/3	Benton Inv. @ UW-Platteville
5' 02.00	Katie Brownson	12	Florence	3/7	USA TF MN Indr Cham'ships
5' 01.00	Elizabeth Pospyhalla	9	Edgar	5/27	D3 Sectional @ Marathon
5' 01.00	Emily Yaeger	11	Suring	5/27	D3 Sectional @ Marathon
5' 01.00	Stephanie Peterson	9	Wild Rose	5/27	D3 Sectional @ Marathon
5' 00.00	Cheyenne Gray	12	Independence-Gilmanton	5/27	D3 Sectional @ Bangor
5' 00.00	Lexie Schaffer	12	Hilbert	5/24	D3 Regional @ Algoma
5' 00.00	Katie Siewert	12	Newman Catholic	5/24	D3 Regional @ Rosholt
5' 00.00	Haley Tiberg	9	Glenwood City	5/18	Dunn-St Croix Conf Meet
5' 00.00	Brittany Dziki	10	Hillsboro	5/14	Reynolds Inv @ Boscobel
11' 06.00 Faryn Wirkus		Edgar		2010	Pole Vault
11' 06.00	Faryn Wirkus	10	Edgar [Record]	6/5	WIAA D3 State Meet Finals
10' 06.00	Rychia Bosman	11	Gibraltar	6/5	WIAA D3 State Meet Finals
10' 06.00	Kelly Tomfohrde	11	Auburndale	5/27	D3 Sectional @ Marathon
10' 03.00	Dana Lemanski	10	Edgar	5/24	D3 Regional @ Stratford
10' 03.00	Marlena Wagner	9	Lena	5/14	M & O Conf @ Coleman
10' 01.00	Amber Rogers	12	Deerfield	5/14	Raider Invite @ Belleville
09' 09.00	Teresa Rock	11	Newman Catholic	5/24	D3 Regional @ Rosholt
09' 06.00	Jenne Wiedemeier	12	Crivitz	5/27	D3 Sectional @ Marathon
09' 06.00	Rychia Bosman	11	Gibraltar [School Record]	5/24	D3 Regional @ Algoma
09' 06.00	Kara Krahenbuhl	12	Darlington	5/18	SWAL @ Boscobel
09' 06.00	Karen Burrows	12	Cuba City	5/18	SWAL @ Boscobel
09' 06.00	Hannah Pospyhalla	12	Edgar	4/19	Edgar @ Marathon
09' 03.00	Amanda Allbaugh	10	North Crawford	5/27	D3 Sectional @ Bangor
09' 03.00	Steph Walek	12	Independence-Gilmanton	5/27	D3 Sectional @ Bangor
09' 00.00	Shannon Heller	12	Lincoln	5/27	D3 Sectional @ Bangor
09' 00.00	Marit Henckel	11	Onalsak Luther	5/27	D3 Sectional @ Bangor
09' 00.00	Tiffani Stout	12	Waterloo	5/27	D3 Sectional @ Princeton
09' 00.00	Chelsea Fortin	11	Darlington	5/24	D3 Regional @ Darlington
08' 09.00	Micaela Grosbier	11	Algoma	5/27	D3 Sectional @ Princeton
08' 09.00	Lydia Sondalle	12	Princeton-Green Lake	5/27	D3 Sectional @ Princeton